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## Physicians Explain Why Women Need More Iron in their Blood Today than 20 years Ago

Say Anaemia—Lack of Iron is Greatest Curse to the Health, Strength, Vitality, and Beauty of the Modern American Woman.

DR. FERDINAND KING, New York Physician and Medical Author, says: "The modern woman should be more energetic—Nuxated Iron—to supply the iron deficiency. Opinions of Dr. James Francis Sullivan, formerly Physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital; Dr. A. J. Newman, former Police Surgeon of Chicago, and other physicians who have thoroughly tested the value of Nuxated Iron.

Any woman who tires easily, is nervous or irritable, or looks pale, haggard, and worn should at once have her blood examined for iron deficiency—administration of Nuxated Iron will often increase the strength and endurance of weak, nervous, careworn women in two weeks' time.

"There can be no strong, healthy, beautiful, rose-cheeked woman without iron," says Dr. Ferdinand King, a New York physician and Medical Author. "I have strongly emphasized the fact that doctors should prescribe more organic iron—Nuxated Iron—for their nervous, run-down, weak, haggard-looking women patients. Pallor means anaemia. The skin of an anaemic woman is pale, the first flash of the muscles lack tone, the brain fails, and the memory fails, and the woman becomes weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women the roses go from their cheeks.

"In the most common foods of America, the starches, sugars, labials, cereals, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, eggs, farina, degenerated cornmeal, no longer is iron to be found. Refining processes have removed the iron of Mother Earth from these impoverished foods, and silly methods of home cooking, by throwing down the waste pipe, the water in which our vegetables are cooked, are responsible for another grave iron loss. Therefore, you should supply the iron deficiency in your food by using some form of organic iron, just as you would use salt when your food has not enough salt."

The Child's Appeal—What Is Your Answer?



"Mother, why don't you take Nuxated Iron? It's strong and well and has nice rosy cheeks instead being so nervous and irritable all the time. The doctor gave me some to Susie Smith's mother and she was worse off than you are and now she looks like a young girl and feels just fine."

In the case of Nuxated Iron I feel it would be remiss in my duty not to mention it. I have taken it myself and given it to my patients with most surprising and satisfactory results. And those who wish quickly to increase their strength, power and endurance will find it a most remarkable and wonderfully effective remedy.

Dr. James Francis Sullivan, formerly Physician of Bellevue Hospital, (Outdoor Dept.), New York, and Westchester County Hospital, says: "Throughout the years, suffering from all kinds of ills, when the real and true cause was iron deficiency, I have simply a lack of sufficient iron in the red blood corpuscles to enable Nature to transform the food they eat into brawn, muscle, tissue and brain. But beware of the old forms of metallic iron which frequently do more harm than good. "Notwithstanding all that has been said and written on this subject, well-known physicians, thousands of people still insist in doing themselves with metallic iron simply. I suppose because it costs a few cents less. I strongly advise readers in all cases to get a physician's prescription for organic iron—Nuxated Iron—or if you don't want to go to this trouble then purchase only Nuxated Iron in its original packages and see that this particular name (Nuxated Iron) appears on the package. If you have

## Congress Did Yesterday

Americans in the Making—An Army of Over 120,000 "Foreigners" Who Waived Claims to Exemption From the Service of the United States—Mr. Creel in the Capacity of a "Buffer." Over a Billion Voted the Navy—A Hundred Millions for the President to Spend As He Pleases—Sorrow in Porto Rico and the Philippines for the Loss of a Friend of Liberty—Conference on "Espionage" Monday—Mr. Lever and Senator Gore As Opposing Leaders.

By W. V. BYARS.

"The people of the United States" are almost wholly unknown to some who think that a university degree and a pedigree back to a colonial magnate in the eighteenth century are credentials of the best American. As they are not yet made, but still in the making, the people of the United States will show higher credentials than these to posterity. For example, last year a great army of hundreds of thousands of young men between twenty-two and thirty, born in other countries, were doing the heaviest, hardest, worst paid work of the United States. They were called to serve the United States under the draft law, as if they were American born. Then 123,277 of them, thus conscripted, waived all claims of exemption under treaties with the countries of their nativity, and so, though foreign-born, they voluntarily volunteered for the service of the United States. These are Americans in the making. No descendant from any Colonial magnate, no unmix American ancestry of more than a century can give a higher claim to Americanism than these boys give as they wait to be called to the trenches from which they do not ask if they will return.

An army of a hundred and twenty thousand men might decide the fates of empires now at a crisis, as armies of less numbers have done in the past. The young men of this army may speak worse English than the "Knownothing" who demand the privilege of controlling "court-martials" to enforce their standard of American patriotism, but when these foreigners bleed in the trenches, it will be an expression of Americanism more nearly adequate than anything now being vocalized in streams of eloquence by those whose patriotism operates mainly through the jaw.

The figures above are from the report of the House Committee on Immigration and Naturalization as submitted yesterday in support of the Sabath bill. It shows a greater comprehension of the realities of the American life of the present than is to be found usually in official documents. It shows with this comprehension a sympathy for universal humanity without which there is no Americanism. It looks for, finds and sums up facts in the lives of many hundreds of thousands of people, speaking many different "native tongues" who were Americans in the making at the time of our declaration of war on Germany. It shows

them a source, not of weakness, but of great National strength—which so far, the worst extremes of blatant and stupid prejudice have been unable to sacrifice or greatly to diminish.

The committee estimates that as the national army is made up through the first and second drafts, it will include not less than half a million of these Americans in the making, born under other flags, unable to express their feelings fluently in English, but fully as able to die in support of American institutions as if their ancestors had come over in the Mayflower or made the first clearing at Jamestown. And yet who may be claiming Americanism back to the seventeenth century, if we expect to sacrifice life only by proxy in proof of our patriotism, may use our superior fluency in English to better purpose than in continuing the attempt to bring suspicion or discredit on these "foreigners."

Through Mr. Caraway, of Arkansas, the special committee appointed to consider the question of the dignity of the House in comparison with that of Mr. George Creel's official department of publicity, decided unanimously against Mr. Creel. As the Postmaster General had forwarded the House a letter from Mr. Creel the House "resolved that the Clerk of the House be hereby directed respectively to return the communication containing the same to the Postmaster General." The accompanying report cited an array of precedents, back to 1842, showing that no other course was open, when an official had addressed to either branch of Congress a communication reflecting on Congress itself or one of its members. Mr. Creel, it will be remembered, had expressed the opinion that when the House wanted information, Congressman Treadway might have telephoned him and thus avoided an absolutely baseless statement. The detailed information about the kind of mail, official and unofficial, which can be sent to our soldiers in France, has not yet been made part of the House records. In the capacity of a "buffer" for the Postmaster General Mr. Creel is undergirding the full force of the collision.

The House passed the naval appropriation bill, carrying originally \$1,327,000,000. The most important amendment, involving additional appropriations, was of \$10,291,000 for sixteen naval hospitals, fourteen of which are along the Atlantic coast, with one at "Great Lakes, Ill.," and one at Pearl Harbor, Hawaii. The most extraordinary feature of the bill is the section giving the President discretion to use \$100,000,000, unaccounted for. After a single question it was passed without debate. It was said to be for use in creating "the destroyer fleet."

As amended, the bill gives the President complete control of contracts and contractors in ship construction and in the aeroplane fleet. He will be able to call them to account if delinquent or recalcitrant, and he can commandeer and take over anything necessary for expediting the work.

The clause authorizing the construction of a railroad to Indianhead, Md., was stricken out. So were a considerable number of other clauses not strictly appropriate in a bill of this character, but as the bill passed finally, it rather enlarged than restricted the original scope of concessions to the Navy Department. It is not easy to see how the Navy could have asked more, except as it gets more than was asked.

Mr. Madden, of Illinois, and Mr. Johnson, of Washington, called Naval officials to an accounting for two of their constituents. Both were boys, volunteers, who after being found unsuitable for the service, were discharged far from home. Both were recorded as left sick and stranded among strangers, without means. The law requires that such cases, fare shall be paid back to the place of enlistment and a suit of citizens clothing supplied. The House was informed that the Navy Department will find who is responsible, if the law was not complied with. Mr. Madden insisted that under all circumstances, volunteers in the Navy shall be treated as Americans.

The Naval Committee has become quite expert in the technicalities of marine warfare while holding its secret sessions. As a result, members less educated in these fine points of detail, were so far from being interested in the process of

## PACIFIST LEADER IS HELD HERE FOR DODGING DRAFT

Brent Dow Allinson, of Chicago, a prominent pacifist, has been arrested on a charge of desertion. He had been instructed to report for training at Camp Grant and failed to comply with the order. He was taken before Provost Marshal General Crowder here late yesterday for preliminary examination.

Allinson some time ago was appointed to serve on the American embassy staff in Bern, Switzerland, but the State Department learned while he was en route across that he had written a pacifist article in a magazine called "War," and promptly recalled him.

Investigation showed he had marked pacifist tendencies. It was also discovered that Allinson had written letters to Secretary of War Baker which showed him to be a "conscientious objector." Draft officials at Chicago asked Baker why the man had not been arrested, and steps were taken to apprehend him.

Allinson had been here for some time after his return from his Swiss journey, and was evidently endeavoring to be classed as a conscientious objector. He had several ideas for other than fighting work that he sought to interest officials with, but failed.

He had previously been engaged in social settlement work in Chicago. Mr. McCulloch of Ohio wants information from the Secretary of State on the progress of treaties with friendly countries, whose subjects in the United States are exempt from American conscription. He introduced a resolution in that connection yesterday.

House and Senate will confer Monday on the bill amending the espionage act. Proceedings between Mr. Lever of South Carolina and Senator Gore of Oklahoma on \$2.50 wheat, postponed because of Senator Gore's absence, are likely to develop into a conference as incentives to eloquence in both houses. Twenty-cent cotton, as proposed in the Emerson bill, is not far enough in the background to be out of sight.

## FIVE STATES MUST FURNISH 1,190 MEN FOR SPECIAL CALL

The third call for volunteers in the National Army specialized branches was issued by the Provost Marshal General yesterday. If 1,190 men from five States do not volunteer by May 30, they will be drafted, the quotas are:

New Hampshire, 100; New Jersey, 250; New York, 250; Tennessee, 400; Virginia, 190.

The men must have a general qualification for military service and will be trained for chemist's assistants at the following schools in a two months' course, beginning May 7:

Tufts College, Bedford, Mass.; Rhode Island State College, Kingston, R. I.; Rochester Athenaeum and Mechanical School, Rochester, N. Y.; University of Kentucky, Lexington, Ky.; and Lehigh University, South Bethlehem, Pa.

Save food or go on short rations—D. C. Food Administrator.

## ANOTHER TELEPHONE GIRL UNIT TO SAIL

NEW YORK, April 21.—Another telephone unit of the signal corps composed of girls from every section of the country is ready to sail for France. They are billeted in the Young Women's Christian Association training school, Miss Nellie F. Snow, of Lowell, Mass., is the chief operator, and Miss Suzanne Brand, of New York, and Miss Lillian Robey, of Chicago, Ill., are the supervisors. There are twenty-eight there in the unit including: Miss Michele Blanc and Miss Bertha Willemer of Boston; Miss Yvonne Gauthier and Miss Eugenie Racicot, of Lowell, Mass., and Miss Maude McMullen, of Fitchburg, Mass.

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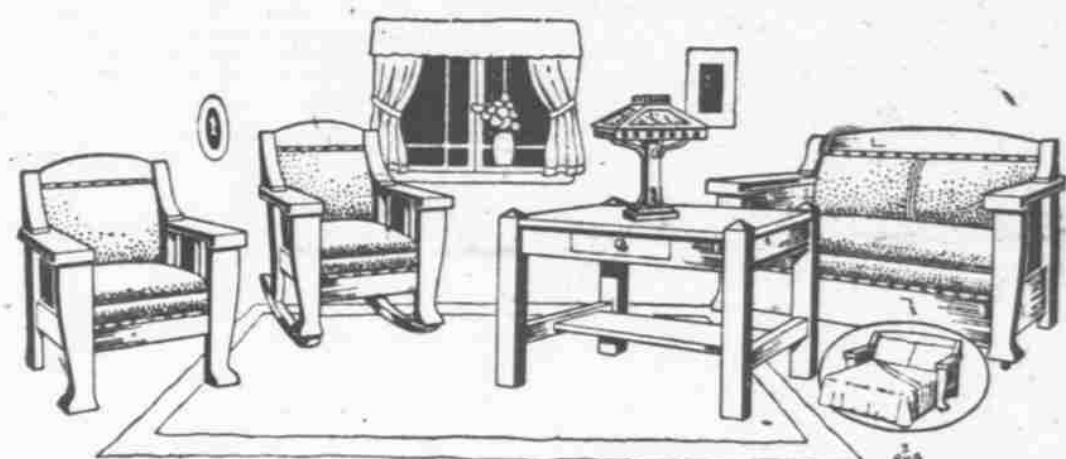
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